

Leisure Classes

**Registration for all
classes begins
February 23**

Adult Fitness

Aerobics

#422010A1	1 class/week	3/29 - 6/19	\$27
#422010A2	2 classes/week	3/29 - 6/19	\$42
#422010A3	Unlmt classes/week	3/29 - 6/19	\$60

CLASS	DAY	TIME	LOCATION*
Int. Yoga	Mon	6:00-7:00 pm	GBE Gym
Hi/Lo Sculpt	Mon	7:00-8:00 pm	GBE Gym
Beg. Yoga	Tues	6:00-7:00 pm	SES Gym
Pilates	Tues	7:00-8:00 pm	SES Gym
Int. Yoga	Wed	6:00-7:00 pm	GBE Gym
Beg. Yoga	Thurs	6:00-7:00 pm	GBE Gym
Step	Thurs	7:00-8:00 pm	GBE Gym
Beg./Int. Yoga	Sat.	9:00-10:15 am	GBE Gym

*Classes are held in the gym at either Grafton Bethel Elementary or Seaford Elementary Schools.

11 weeks

Pilates: A unique system of stretching and strengthening exercises. Using your own body weight, you will strengthen and tone muscles, improve posture, gain flexibility and balance, unite body and mind, and create a more streamlined shape.

Hi/Lo Sculpt: This segment will incorporate high and low intensity workouts using "Exer-tubes," "Dyna-bands," and hand weights to work on strengthening, toning, and sculpting the body.

Step: Steppers of all levels are invited to join in on this cardiovascular challenge.

Beginning Yoga: A contemporary approach to yoga for people who are looking for a non-threatening introduction to this ancient health practice. Each class is taught with modifications for different flexibility and fitness levels.

Intermediate Yoga: A flowing, balanced, total body and mind, fitness yoga workout for those participants already familiar with yoga postures. Prerequisite: One session of beginner yoga.

Adult Dance

**Partners are not required.
Soft-soled shoes please.**

Lindy Hop

This cool 8-count dance had the nation in the palm of its hand from the late 20's till the late 40's.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403120E1	Fri 7:00-8:00 pm 4/9 - 5/28

Shag

This class covers the basic foot work and fundamentals of the Southern style of swing dance known as Shag.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403140G1	Sun 6:30-7:30 pm 4/4 - 5/23

Ballroom Dancing

This fun and exciting dancing has been around for a long time. Learn such dancing favorites as the Foxtrot, Mambo, Waltz, and Tango.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403040B1	Tues 7:00-8:00 pm 4/6 - 5/25
#403040B2	Tues 8:00-9:00 pm 4/6 - 5/25
#403040D1	Thur 7:00-8:00 pm 4/8 - 5/27

Beginning Cha Cha

A Latin dance that's been popular since 1954, the Cha Cha has a slow Mambo tempo with a little Cuban motion.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403150A1	Mon 6:30-7:30 pm 4/5 - 5/24

East Coast Swing

It's the latest craze in partner dancing! Come learn this fast-paced, exciting style of dancing.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403010C1	Wed 6:30-7:30 pm 4/7 - 5/26

West Coast Swing

One of the popular swings in the Hampton Roads area... different from the East Coast Swing. Learn the basics or improve your dancing with new moves.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403130G1	Sun 5:30-6:30 pm 4/4 - 5/23

Western Line Dancing

Learn the newest and hottest line dancing in town!

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403020A1	Mon 7:30-8:30 pm 4/5 - 5/24
#403020C1	Wed 7:30-8:30 pm 4/7 - 5/26

Country 2-Step

The Country 2-Step is one of the most popular country and western dances around. It's lots of fun. Open to all levels.

Fee: \$33	8 weeks
Ages: Adult	Bootleggers Dance Studio
#403110G1	Sun 4:30-5:30 pm 4/4 - 5/23

Youth Fitness

Beginning Baton Twirling

Learn the basic and proper fundamentals in **Baton Twirling I** such as twirling horizontally, vertically, the figure 8, and many other techniques. In **Baton Twirling II**, learn more advanced techniques and how to transition from one baton move to the other while continuously twirling. Note: If needed, batons may be sized and purchased from the instructor before the first class (batons range from \$12 - \$15).

Fee: \$40 **8 weeks**
Ages: 8 - 12 **Seaford Elementary School Gym**

Baton Twirling I
#419060A1 Mon 6:00-7:00 pm 3/29 - 5/24

Baton Twirling II
#419060A2 Mon 7:00-8:00 pm 3/29 - 5/24

Ice Skating

This introductory program emphasizes fun and security while quickly generating confidence and skills in forward and backward skating. This is a beginner class only. Advanced levels available through IcePlex. Rental skates are provided at no additional charge.

Fee: \$32 **4, 1/2 hour sessions**
Ages: 5 - Adult **Hampton Roads IcePlex**

SESSION 1	SESSION 2		
#409040A1	#409040A2	Mon	6:00 pm
#409040D1	#409040D2	Thurs	6:00 pm
#409040F1	#409040F2	Sat	11:00 am

Session 1 - March 29 - May 1 (No classes week of April 12-17)

Session 2 - May 3 - May 29



Iddy Biddy Soccer

Parents don't just sit and watch in this interactive soccer class. This class gives you and your child the perfect opportunity to develop soccer skills together. Working as a team you learn fundamental skills such as passing, dribbling, shooting, and ball control. Limited space available.

Fee: \$25 **6 weeks**
Ages: 3 - 5 **Dare Elementary School Gym**

#419040F1	Sat	9:00 - 9:45 am	4/3 - 5/15
#419040F2	Sat	10:00-10:45 am	4/3 - 5/15

Art

Intro to Calligraphy



A beginning class for anyone interested in learning to do beautiful lettering. Learn about calligraphy pens, papers, style and technique. Beautifully address wedding invitations, thank-you notes, bookmarks and much more. Supply list available the first night of class.

Fee: \$30 **8 weeks**
Ages: 15 - Adult **Dare Elem. Gym Classroom**
#421110B2 Tues 7:00 - 8:15 pm 3/30 - 5/25

Basic Drawing for Kids

This class is designed for students to learn how to draw 3-dimensional objects in a step-by-step process using five basic techniques.

Fee: \$25 **8 weeks**
Ages: 6 - 14 **Dare Elem. Gym Classroom**
#411020B1 Tues 6:00 - 7:00 pm 3/30 - 5/25

Watercolors

Learn the basic elements and techniques of watercolors painting. Your own lovely pictures can be framed and enjoyed at home or given as gifts.

Fee: \$30 **8 weeks**
Ages: 10 - Adult **Dare Elem. Gym Classroom**
#421050C1 Wed 6:00 - 7:30 pm 3/31 - 5/26

Scrapbooking



Beginning Scrapbooking

You will complete your first page, learn to use "speed tools," and learn how to choose photo-safe albums and decorative supplies. All supplies are provided -- just bring 8-10 photos with you.

Fee: \$10
Ages: Adult **York Library**
#421060A1 Mon 6:30 - 8:30 pm 4/26

Scrapbooking 101

This three-session class is for those who have attended a beginner class or scrapbook already. Learn many techniques to add a decorative touch to pages. Topics will include page borders, title blocks, journaling boxes, pocket pages, and much more. These classes will help you add page decorations while completing pages quickly. All supplies will be provided.

Fee: \$30
Ages: Adult **York Library**
#421063C1 Wed 6:30 - 8:30 pm 4/28, 5/5, 5/12

Finance

College Savings Plan

If you plan to send your children to college, you need to learn about Virginia's newest 529 college saving plan. The program is easy to use and recent Federal and Virginia tax rules provide significant advantages. Materials are provided. Call 890-3500 to register.

Fee: Free

Session 1	Mon	6:30 - 8:30 pm	3/8	York Library
Session 2	Tues	6:30 - 8:30 pm	3/30	Tabb Library
Session 3	Wed	6:30 - 8:30 pm	4/28	Tabb Library

Retirement Planning

Retiring successfully is not hard, but it does require proper planning and action. Understand how to integrate your employer's plan, rollovers, various IRAs and other savings vehicles with the rest of your financial situation. Call 890-3500 to register.

Fee: Free

Session 1	Mon	6:30 - 8:30 pm	3/15	York Library
Session 2	Thurs	6:30 - 8:30 pm	4/1	Tabb Library
Session 3	Thurs	6:30 - 8:30 pm	4/29	Tabb Library

Jewelry

Beginning Jewelry

Learn the basic techniques of how to bead and use the tools that will allow you to create your own classic beaded bracelet in silver or gold accented beads. Sample available.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421011D1 Thurs 6:00 - 7:00 pm 4/1

Memory Wire Bracelet

Spring is in the air with this new bracelet. Learn to use a flexible memory wire to make your bracelet. Colorful beads of your choice are placed on this wire for a wrapped wrist look. No toggle necessary.

Fee: \$30
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421022D1 Thurs 6:00 - 7:30 pm 4/8

Anklet Class

Sport a new look by incorporating an anklet into your wardrobe. Learn how to make an anklet using a button style closure. Choose from beach glass, topaz, or a black combination of beads plus your choice of silver or gold sunflower button to be used as a toggle. A must for the summer.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421023D1 Thurs 6:00 - 7:30 pm 4/22

Custom Initial Bracelet

Want to customize your wardrobe? You will be able to create your own design by choosing from a large variety of beads and accent your bracelet with a sterling silver block letter of your choice for personalization. These make great mother/daughter bracelets.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421024D1 Thurs 6:00 - 7:30 pm 5/6

Day at the Beach Class

Enjoy the summer with a beach-style look. This bracelet features sand colored beads accented with semi-precious turquoise chips. To complete the look you will be able to choose a bikini or suntan lotion charm in your choice of silver or gold.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421170D1 Thurs 6:00 - 7:30 pm 5/13

Design

Floral Arranging

At the first session, you will learn basic floral arranging skills and how to pick the colors and the containers to fit perfectly into your decor. At the second session, you will assemble your customized arrangement. All supplies will be provided.

Fee: \$45
Ages: Adult York Library
 #421070B1 Tues 6:30 - 8:30 pm 4/27 & 5/18



Stamping

All supplies for the stamping classes are provided.

Start Stamping

Experience the art of rubber stamping. Learn about layout and design concepts, the use of different stamping techniques, and how to add "wow" to your designs with the use of accessories. You'll make 3-4 cards to take home.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421090B1 Mon 6:30 - 8:30 pm March 1

Spring Fling

Rubber stamping can make your creativity "blossom"! In this two-hour class you will create some great gardening gifts. This class is great for all skill levels of rubber stamping from beginner to advanced stampers.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421130B1 Mon 6:30 - 8:30 pm March 15

Eggstra-Special Easter

You'll want to play the Easter Bunny when you find out how quick and easy it is to make gifts for your family, friends and co-workers. In this two-hour class you will make "egg-stravagant" rubber stamped items. This class is great for all skill levels of rubber stamping from beginner to advanced stampers.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421120B1 Mon 6:30 - 8:30 pm April 5

Mother's Day Mania

The gifts mom loves the best are prepared with your own hands. In this two-hour class you will learn how to hand stamp fantastic gifts any mother will adore. This class is wonderful for all skill levels of rubber stamping from the beginner to the advanced.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421140B1 Mon 6:30 - 8:30 pm April 26

Take Ten

Would you like to make hand-stamped cards that are really quick & easy? Using the "quick card" method, we'll make 10 cards in under ten minutes per card and have fun in the process!

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421150B1 Mon 6:30 - 8:30 pm May 3

Backgrounds, Borders & Titles

Rubber stamping and scrapbooking go hand in hand! We'll be creating versatile background papers for birthdays and holidays, with elegant borders and creative titles that you can use for any of your existing scrapbooking systems.

Fee: \$20
Ages: 13 - Adult Dare Elem. Gym Classroom
 #421160B1 Mon 6:30 - 8:30 pm May 10

Tae Kwon Do



Ages 4-Adult

Dare Elementary School Gym

Continuous Registration at Class.

**Visitors welcome to observe or try
a class for FREE!**

You and your whole family can experience the fun and rewards of Tae Kwon Do...the Olympic Martial Art! Reach new heights as you develop confidence, conditioning, and concentration on your way to earning a black belt!

Two Skill Level Options:

Beginner Students:

Monday & Thursday 6:30 - 7:15 pm

Cost: \$30/month - 2 classes per week

Intermediate/Advanced Students:

Monday & Thursday 7:15 - 8:00 pm

Saturday 1:30 - 2:50 pm

Cost: \$35/month - 3 classes per week

**Each additional family member
\$25.00/month**

**For further details call Mr. Brad Tinnon,
Action Arts Academy at 303-KIKN (5456).**